

## **Τὸ μεσημέρι**

### **Πρὸ τοῦ Ἀρίστου**

#### **Ἐλθόντες εἰς τὴν τράπεζαν λέγομεν·**

**+ Πάτερ** ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου· ἐλθέτω ἡ βασιλεία σου· γεννηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς· τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δὸς ἡμῖν σήμερον· καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν· καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

(Ὅτι σοῦ ἐστὶν ἡ βασιλεία καὶ ἡ δύναμις καὶ ἡ δόξα τοῦ Πατρὸς καὶ τοῦ Υἱοῦ καὶ τοῦ ἁγίου Πνεύματος, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.)

**Δόξα** Πατρί καὶ Υἱῷ καὶ ἁγίῳ Πνεύματι· καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

**Κύριε**, ἐλέησον· **Κύριε**, ἐλέησον· **Κύριε**, ἐλέησον· **Πάτερ Ἄγιε**, εὐλόγησον.

**Χριστὲ** ὁ Θεός ἡμῶν, εὐλόγησον τὴν βρῶσιν καὶ τὴν πόσιν τῶν δούλων Σου, **+ ὅτι ἅγιος εἶ**, πάντοτε· νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

### **Μετὰ τὸ ἄριστον·**

#### **Μετὰ δὲ τὸ γεύσασθαι, ἀνιστάμενοι καὶ τῷ Θεῷ εὐχαριστοῦντες, λέγομεν:**

**Εὐχαριστοῦμέν σοι**, **Χριστὲ** ὁ Θεὸς ἡμῶν, ὅτι ἐνέπλησας ἡμᾶς τῶν ἐπιγείων σου ἀγαθῶν· μὴ στέρησῃς ἡμᾶς καὶ τῆς ἐπουρανίου σου βασιλείας, ἀλλ' ὡς ἐν μέσῳ τῶν Μαθητῶν σου παρεγένου Σωτήρ, τὴν εἰρήνην διδοὺς αὐτοῖς, ἐλθὲ καὶ μεθ' ἡμῶν, καὶ σῶσον ἡμᾶς.

**Κύριε**, ἐλέησον· **Κύριε**, ἐλέησον· **Κύριε**, ἐλέησον· **Πάτερ Ἄγιε**, εὐλόγησον.

Εὐλογητὸς ὁ Θεός, ὁ ἐλεῶν καὶ τρέφων ἡμᾶς ἐκ τῶν αὐτοῦ πλουσίων δωρεῶν, τῇ αὐτοῦ θείᾳ χάριτι καὶ φιλανθρωπίᾳ πάντοτε, νῦν, καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

**Δι'** εὐχῶν τῶν ἁγίων πατέρων ἡμῶν, **Κύριε Ἰησοῦ Χριστὲ** ὁ Θεός, ἐλέησον ἡμᾶς. Ἀμήν.

## Τὸ βράδυ

### Πρὸ τοῦ δείπνου

**Φ**άγονται πένητες καὶ ἐμπλησθήσονται· καὶ αἰνέσουσι Κύριον οἱ ἐκζητοῦντες αὐτόν· ζήσονται αἱ καρδίαι αὐτῶν εἰς αἰῶνα αἰῶνος.

**Δ**όξα Πατρί καὶ Ὑἱῷ καὶ ἁγίῳ Πνεύματι·  
καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Κύριε ἐλέησον, Κύριε ἐλέησον, Κύριε ἐλέησον. (Πάτερ ἅγιε  
εὐλόγησον.)

**Χ**ριστὲ ὁ Θεὸς ἡμῶν, εὐλόγησον τὴν βρῶσιν καὶ τὴν πόσιν τῶν  
δούλων Σου, + ὅτι ἅγιος εἶ πάντοτε, νῦν καὶ ἀεὶ καὶ εἰς τοὺς  
αἰῶνας τῶν αἰώνων. Ἀμήν.

### Μετὰ τὸ φαγεῖν

**Ε**ὐφρανας ἡμᾶς Κύριε, ἐν τοῖς ποιήμασί σου, καὶ ἐν τοῖς ἔργοις  
τῶν χειρῶν σου ἡγαλλιασάμεθα. Ἐσημειώθη ἐφ' ἡμᾶς τὸ φῶς τοῦ  
προσώπου σου, Κύριε· ἔδωκας εὐφροσύνη εἰς τὰς καρδίας ἡμῶν.  
Ἀπὸ καρποῦ σίτου, οἴνου καὶ ἐλαίου ἐνεπλήσθημεν. Ἐν εἰρήνῃ ἐπὶ  
τὸ αὐτὸ κοιμηθησόμεθα, καὶ ὑπνώσωμεν· ὅτι σύ, Κύριε, κατὰ  
μόνας ἐπ' ἐλπίδι κατώκησας ἡμᾶς.

**Δ**όξα Πατρὶ καὶ Ὑἱῷ καὶ ἁγίῳ Πνεύματι·  
καὶ νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

**Κ**ύριε ἐλέησον, Κύριε ἐλέησον, Κύριε ἐλέησον. (Πάτερ ἅγιε  
εὐλόγησον.)

**Ε**ὐλογητὸς ὁ Θεός, ὁ ἐλεῶν καὶ τρέφων ἡμᾶς ἐκ νεότητος ἡμῶν· ὁ  
διδούς τροφήν πάσῃ σαρκί, πλήρωσον χαρᾶς καὶ εὐφροσύνης τὰς  
καρδίας ἡμῶν ἵνα πάντοτε πᾶσαν αὐτάρκειαν ἔχοντες,  
περισσεύωμεν εἰς πᾶν ἔργον ἀγαθόν, ἐν Χριστῷ Ἰησοῦ τῷ Κυρίῳ  
ἡμῶν· μεθ' οὗ σοὶ δόξα πρέπει, κράτος, τιμὴ καὶ προσκύνησις σὺν  
τῷ ἁγίῳ Πνεύματι, εἰς τοὺς αἰῶνας. Ἀμήν.

**Δ**ι' εὐχῶν τῶν ἁγίων πατέρων ἡμῶν, Κύριε Ἰησοῦ Χριστὲ ὁ Θεός,  
ἐλέησον ἡμᾶς. Ἀμήν.

